

**11TH FRAME  
SNACK BAR DAILY  
SPECIALS**

Monday - Friday  
11 a.m. - 5 p.m.  
All specials are \$5  
and include a soda.



# Learn to Bowl the Perfect 300!

Tournaments, Personal Coaches & Lowball Thursday

## SEPTEMBER

### Monday:

Classic Club Sandwich  
*Served with your choice of french  
fries, potato chips or coleslaw.*

### Tuesday:

Ham & Turkey Chef Salad

### Wednesday:

Swiss Mushroom Burger  
*Served with your choice of french  
fries, potato chips or coleslaw.*

### Thursday:

Chicken Pita  
*Served with your choice of french  
fries, potato chips or coleslaw.*

### Friday:

Philly Cheesesteak  
*Served with your choice of french  
fries, potato chips or coleslaw.*

## OCTOBER

### Monday:

Pancit & Lumpia

### Tuesday:

Loco Moco

### Wednesday:

Bacon Cheddar Burger  
*Served with your choice of french  
fries, potato chips or coleslaw.*

### Thursday:

Yakisoba & Egg Roll

### Friday:

2 Sloppy Joes  
*Served with your choice of french  
fries, potato chips or coleslaw.*

**NEED A  
COACH?**

Have you been looking for a way to improve your bowling skills? Do you want to try and win the next tournament? The Spare Time Recreation Center staff is here to help. They have recently undergone the Bowling Proprietor's Association of America's intense training program to become certified bowling coaches.

The sessions will help you to perfect your stance, swing, and follow through just to name a few. You will also learn which ball is best for you. Whether you aspire to be the next Walter Ray Williams Jr. or just seek improvement, the bowling coaches are going to give you the best advice possible to help you advance your game. To schedule your one-on-one session, simply stop by the front desk to set up your appointment.

After getting pointers on how to better your bowling, why not enter in the next 9-Pin Strike & Win Tournament? What makes this tourney even more exciting is that participants that roll all 12 true strikes will win \$300 (that's a perfect game). Those that roll all 12 "red" 9-Pin strikes will win \$150. In addition, participants that roll a true strike will win a free DyDo beverage, courtesy of Nissin Shokuhin Kogyo Co., Ltd. This tournament will be held on the third Friday of each month. For complete rules, see a staff member.



For more information, give the Spare Time Recreation Center a call at 252-3634.

## 9-PIN STRIKE & WIN BOWLING TOURNAMENT

FRIDAY, SEPTEMBER 15 & FRIDAY, OCTOBER 20  
7 P.M. • ENTRY FEE: \$20

Rules for this tournament are as follow:

- Tournament must have a minimum of 8 and maximum of 40 paid entries by start time or the tournament will be cancelled.
- All participants must be 18 years of age or older.
- Tournament consists of 4 games of 9-Pin No Tap bowling.
- Winner is determined by the highest total pin fall.
- Prize money is determined by the amount of total paid entrants.

### Strike & Win:

- Participants who roll all 12 true strikes will win \$300 (that's a perfect game).
- Participants who roll all 12 "red" 9-Pin strikes will win \$150.
- Participants that roll a true strike win a free DyDo beverage, courtesy of Nissin Shokuhin Kogyo Co., Ltd.

### Strike Bank:

- Bank will start at \$50.
- Cost to get in is \$2.
- Strikes will start at 12 each month and one strike will be removed. We will keep doing this until someone breaks the bank. If there is more than one winner, the bank will be divided between the winners.

Every Thursday is Lowball Thursday. Roll the lowest score and win! The rules are simple; you must hit a pin down with every roll, with a gutter ball on the first roll counting as a strike. A gutter ball on the second roll counts as a spare. Prizes will be given to the winner the next day. If you are interested in bowling lowball, register with a staff member. The cost is the same as open bowling.